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# Ergonomics

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- Policy
- NPG Status
- Chairs
- Posters

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# Ergonomics Policy

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- Continue present efforts
  - Right thing to do
  - Required by VPP
  - Preserves positive safety culture  
(can't afford *not* to do ergonomics)

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# Ergonomics NPG

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- A chapter in OHP Handbook
- Removes references to OSHA Std.
- Other aspects added to compensate
- More proactive



# Ergonomics NPG, Continued

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- Formal written programs
- Resource provisioning
- Chair policy
- Screening
- Training

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# Ergonomics NPG, Continued

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- Management participation
- Employee participation
- Program evaluation
- JHAs

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# Ergonomic Chairs

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- Availability is assured
- Procurement policy
  - PPE
  - Prescribed by professionals

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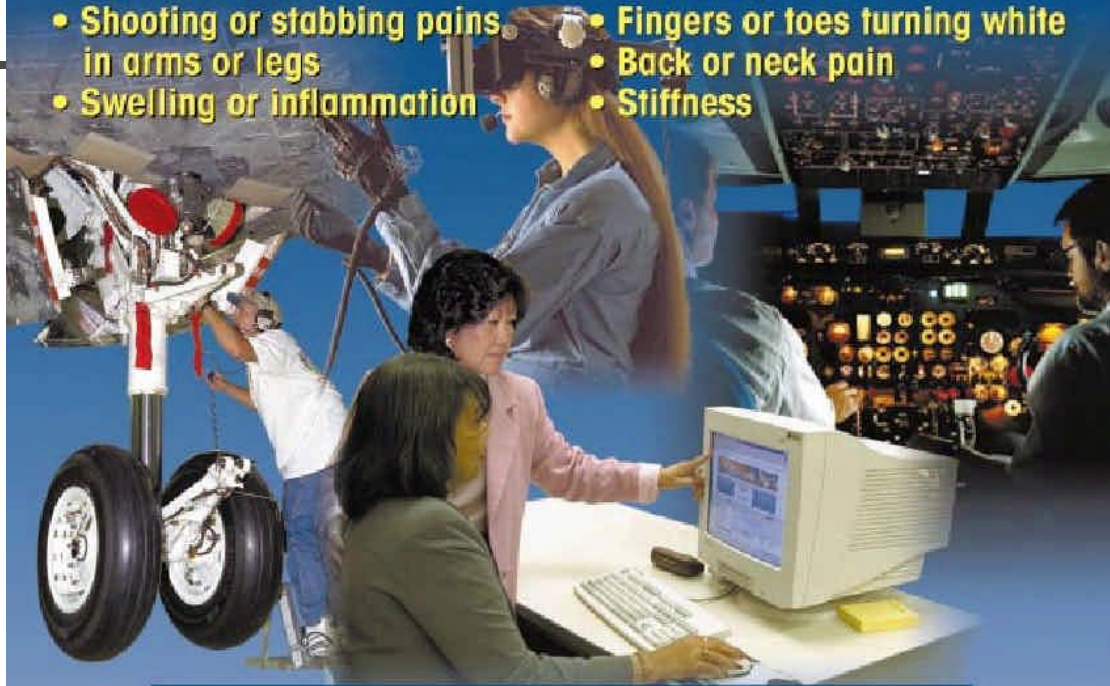
# Ergonomic Posters

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- Completed
- To be distributed to Centers

# Be Alert To Early Symptoms Of Musculoskeletal Disorders (MSD)

- Painful joints
- Pain, tingling or numbness in hands or feet
- Shooting or stabbing pains in arms or legs
- Swelling or inflammation
- Burning sensation
- Pain in wrists, shoulders, forearms, knees
- Fingers or toes turning white
- Back or neck pain
- Stiffness



## If you have signs or symptoms of MSDs ...

It is important that you report MSD signs and symptoms right away to avoid long-lasting problems. Your employer is required to respond promptly to those reports. Contact the following person to report MSDs, MSD signs or symptoms or MSD hazards:

Name

email

Phone



**OSHA**

Ergonomics Standard 29CFR §1910.900 Subpart W

